



WIC Works HEADLINES

<http://www.nal.usda.gov/wicworks>

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WIC Works Headlines is published two times a year by the WIC Works Resource System. WIC Works is a joint project of the USDA Food and Nutrition Service, USDA National Agricultural Library, Food and Nutrition Information Center and University of Maryland, Department of Nutrition.

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To contribute to WIC Works
Headlines contact:
wicworks@nal.usda.gov

What's New at WIC Works

New Topics Added To Web site

Based on needs identified by you, the great staff of the WIC program, we have gathered handouts, lesson plans and fact sheets that you can easily download from WIC Works. We've added a wide range of new information. We now have everything from cooking with kids to a collection of resources based on MyPyramid.

If you find a great resource please let us know so we can add it immediately.

Food and Fun for Families a Hit

The Web site hits keep on climbing for this online gallery of educational materials. Last spring WIC Works developed Food and Fun to highlight the products from the Fit WIC Obesity Prevention Grants. This colorful, interactive Web site, allows the user to browse for resources on family meals, active play, fruits/vegetables and water. Materials can be viewed or downloaded at the click of a mouse and can be used for participant education, staff training or community outreach.

Databases Revised & Updated

For the past year, the WIC Team has been hard at work revising our databases so that you can more easily find what you need. See page two to learn more about the changes to the Education and Training Materials Database.

At WIC Works we strive to keep up with the ever changing needs of WIC staff members and their clients. It is our hope that WIC Works will direct you to the resources and materials you need to do your job better.

Upcoming Events

International Conference on the Theory & Practice of Human Lactation Research & Breastfeeding Management

Sponsor: The Center for
Breast Feeding

Date: January 15-16, 2006

Location: Orlando, FL

Focus: Clinical practice of
those who care for babies and

breastfeeding mothers.

<http://www.healthychildren.cc/flyer.pdf>

Association of Maternal and Child Health Programs Conference

Sponsor: Association of
Maternal and Child Health
Programs

Date: March 4-8, 2006

Location: Arlington, VA

Focus: "Early Childhood:
Building the Foundation for
Lifelong Health".

<http://www.amchp.org/news/2006/index.htm>



BRIGHT IDEA

New Year, New Resources!

The WIC Works Team wants to make sure you have the resources you need for 2006. Read on to learn about our updated database and a revised version of a popular resource list.

The Nutrition During Pregnancy Resource List for Consumers is comprised of books, pamphlets, brochures, fact sheets, audiovisuals and a list of national contacts on the topics of folic acid, food safety, gestational diabetes, general pregnancy and iron. It is one of several resource lists available from the Food and Nutrition Information Center (FNIC).



**Food and Nutrition
Information Center**

FNIC recently updated several other resource lists including **Eating Smart: A Nutrition Resource List for Consumers** and **Sources of Free or Low-Cost Food and Nutrition Materials**. Resource lists are available online at http://www.nal.usda.gov/fnic/pubs_and_db.html or single

copies can be requested free by emailing fnic@nal.usda.gov.

Additional resources regarding nutrition during pregnancy are available in WIC Works Topics A-Z at: <http://www.nal.usda.gov/wicworks/Topics/index.html> You may also find helpful information in the newly updated **WIC Education and Training Materials Database**.



In order to make it easier for you to search the database, many new features were added. The key new feature is the ability to combine a category search with a keyword search so now you can search for any topic, format, etc.

Additionally several of the search categories were updated to reflect the most popular past searches. Cover images have also been added for many of the new booklets and brochures.

During the past year outdated materials were removed and over 200 new nutrition and health-related materials have been added including:

- Videos, books and brochures for pregnant and breastfeeding women
- Videos and books for children
- Posters, magnets and calendars
- Instructional kits
- MyPyramid resources

Materials in the database can be ordered from the publisher (some free, some for cost) and many can also be borrowed from the National Agricultural Library (NAL). WIC staff are eligible to borrow directly from NAL, easily online. For more information about borrowing materials visit, <http://www.nal.usda.gov/services/request.shtml>.

The materials included in the databases can help improve and vary the nutritional message to your participants. The WIC team will continue to locate and review new items for addition to our collection. If you know of resources we should include, please email wicworks@nal.usda.gov.

